

SABORES DE MÉXICO

Mexican Flavors

Spanish Language & Mexican Gastronomy

February 12-27, 2011

Mexican food has a rich and long history, with its unique blend of culinary roots. It is known for its taste, colorfulness, and variety of ingredients and spices. Revel in the delicious flavors, aromas and traditions through our Spanish language and Mexican gastronomy program: ***Sabores de México***. Study Spanish while learning how to prepare some of the most representative Mexican dishes, attend cultural sessions, travel through centuries of history and experience the warmth of the Mexican people.

Español Vivo www.mexicospanishcourses.com through its affiliated Spanish Language Schools offers the best program for you in Cuernavaca, Mexico, the “City of Eternal Spring.” Join us for this wonderful and rewarding experience!

The program

This two-week program consists of Spanish classes, cultural activities, lectures, cooking classes, cuisine tasting, city tours, weekend excursions, and dining out at restaurants (as indicated on the schedule). To enhance the experience, homestay accommodations are also part of the program.



Spanish Classes

The Spanish classes are conducted with a communicative approach, in groups of no more than 5 students, and include different levels. Students will practice grammar using inductive learning strategies, complete exercises, practice conversation, review homework and participate in cultural activities.

The Authentic Culinary Experience

Through cooking classes, lectures, cultural activities, and field trips, students will learn about the fundamental aspects of authentic Mexican gastronomy from its Prehispanic origins to contemporary Mexican cuisine; including regional cooking, home-made dishes and gourmet cuisine. A very important part of the learning is the hands-on experience--from preparing a *tortilla* to the more elaborate *chile relleno*.

This program is for all people, anyone with a desire to learn the Spanish language or improve their Spanish language skills and delve into the culinary traditions of Mexico. We welcome students from all walks of life!



Homestay accommodations

An important part of the program is living with a Mexican host family. Staying in a Mexican home offers a unique perspective on the daily lives of the people, their food, customs, and warm hospitality. Families help students learn the language in practical situations. If you prefer a hotel it will be our pleasure to provide information regarding existing options.



The City

Cuernavaca, the capital of the state of Morelos and its largest city, is located about 85 km (53 miles) south of Mexico City on the M-95 freeway. It is known as the "City of Eternal Spring" because of its consistent, year-round temperatures of roughly 27°C (80°F). Cuernavaca is surrounded by some of the most beautiful and culturally rich regions in the country. In the city you can visit the Palace of Cortes (regional museum), the Cathedral, Robert Brady Museum, Borda Gardens, San Anton waterfall, Teopanzolco Pyramids, the Ethnobotanical Garden and Museum of Traditional Medicine, the ravines, etc.



SABORES DE MÉXICO

Mexican Flavors

Saturday
February 12

Sunday
February 13

Spanish Language & Mexican Gastronomy

Saturday February 12th – Sunday February 27th, 2011

Arrival to the
Mexico City Airport

10:00 am
Orientation &
Placement

11:00 am Tour
of Cuernavaca's
downtown **

Travel to
Cuernavaca, directly
to the host families

Monday
February 14

Tuesday
February 15

Wednesday
February 16

Thursday
February 17

Friday
February 18

Saturday
February 19

Sunday
February 20

9 am to 11:50 am: Spanish classes in groups of 2 to 5 students

11:50 am to 12:10 pm: Coffee break

12:10 to 1:00 pm: Cultural activity.

2:00 pm: Lunch time with your Mexican family.

**Transportation Included

7:00 am

Puebla City Tour
and meal at a
restaurant.
**

9:00 am
Xochicalco &
Taxco Tour and
meal at a
restaurant.
**

12:10 pm Lecture
Mexican Cuisine
Origins

2:00 p.m. Lunch
time

4:00 p.m. Visit to
the main local
market **

12:10 pm Lecture
Mexican cuisine
by regions

1:00 p.m.
Cooking class at
the school

2:30 p.m. Meal
at the school

Free afternoon

11:50 pm
Tepoztlan tour,
cooking class and
meal at a
restaurant. **

12:10 pm
Lecture:
Effects of the
Political &
Economical
Situation on the
Mexican Diet
2:00 p.m. Lunch
time

4:00 p.m. Movie:
"Corazón de
Melón"

12:10 pm
Cooking class
with your host
family

Free afternoon



Monday
February 21

Tuesday
February 22

Wednesday
February 23

Thursday
February 24

Friday
February 25

Saturday
February 26

Sunday
February 27

9 am to 11:50 am: Spanish classes in groups of 2 to 5 students

11:50 am to 12:10 pm: Coffee break

12:10 to 1:00 pm: Cultural activity.

2:00 pm: Lunch time with your Mexican family.

Mexico City Tour
(Stay at a 4-star
hotel)

8:00 am Departure
to Mexico City:

Frida Kahlo
museum; Coyoacan
market; Coyoacan
downtown; Check-
in at the hotel;
Lunch at Los
Azulejos; Downtown
tour; Dinner at Café
de Tacuba.
**

Departure to
the airport on
your own. The
group leader
will assist you
with the taxi
arrangements.

12:10 pm
Lecture:
Contemporary
Mexican diet

2:00 p.m. Lunch
time

Free afternoon

12:10 pm
Cooking class at
the school

2:30 p.m. Meal
at the school

12:10 pm
Lecture:
Customs and
traditions in
Mexico.

2:00 p.m. Lunch
time

7:00 p.m.
Contemporary
Mexican Cuisine
(cooking class &
dinner at a
restaurant)

12:10 pm
Visit to the Ethno
Botanical Garden
**

2:00 p.m. Lunch
time

Free afternoon

12:10 pm
Cooking class at
the school

2:30 p.m. Meal
at the school

Free afternoon

Accreditations

The professional instructors are native speakers and have extensive experience in teaching Spanish as a second language. Our programs are certified by Mexico's Public Education Ministry (SEP), thereby guaranteeing the quality of the courses. The three schools belong to AIPEC (Asociación de Institutos para la Enseñanza del Español en Cuernavaca) and to México Sí (Asociación Mexicana de Institutos de Español).



Cost and registration

To register for this program, a non-refundable advance payment of \$100.00 USD is required. The total cost of the program is \$1,495.00 USD, which covers the advance payment, the Spanish language classes, cooking classes, city field trips, weekend excursions, homestays with private room and board, lunch and dinners at restaurants, and one night at a 4 star hotel in Mexico City (all as indicated in the schedule chart).

The program does not include airplane tickets, transportation to and from the airport, laundry, local transportation (unless mentioned in the schedule chart) and personal expenses.

A minimum of 5 participants is required in order to conduct this program.





Contact us

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